

# THE LEADER

Warriors of the North



Vol. 40, No. 15

Grand Forks Air Force Base, North Dakota

April 15, 2005

**"Do I hear a dollar?"**



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**Cadets visit Warriors of the North**



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**Boot camp revisited?**



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## 319th Air Refueling Wing

**Mission:** The 319th Air Refueling Wing is the finest combat air mobility wing in the world's greatest air and space force.  
**Vision:** To be the best at everything we do!

### Effectiveness Ratings



#### Air Refueling

Week of  
April 4 - April 8

91 %

#### Air Land

Week of  
April 4 - April 8

100 %

Severe Weather Line:  
747-6245

**MXG**



**MDG**



## OPERATIONS GROUP



**MSG**



**the 319th ARW**  
**WARRIORS OF THE NORTH ENABLING THE MISSION**

Perspective

Boom operators live Air Force commercial

By Senior Airman Max Langford  
906th Air Refueling Squadron

When I was asked to write this, I started thinking of what my job really felt like; the ups, the downs, the missions and the people. What first came to mind was your typical Air Force commercial. You see two F-16s cruising along escorting a B-2, the F-16s break off, pop flares and then we cut to the shot of the B-2 dropping more bombs than you can count. But the truth is, the majority of enlisted personnel never get to see the fighters or bombers up close. That's not the case for a boom operator. We live the cool commercial; F-16, F-15, B-52, B-1, B-2, been there, seen it and we've probably left our mark on its pretty paint job.

Our tech school is longer than many. For the pipeline student out of basic, it takes about a year before you are a mission-qualified boom and can fly unsupervised with a crew. Many booms you talk to have great stories about tech school. Whether it was survival school in the woods of Washington; parasailing in Pensacola Bay; the endless months at Altus Air Force Base, Okla.; or the time the instructor killed you in the boom sim. After your check ride at Altus, you get your first assignment and have to become mission qualified. You have flights with all the different types of receivers, day and night, do computer-based training, and start up on the end-

less cycle of life support classes.

Finally, after all the schools and all the training, you're ready to hit the road. at some point, every plane in the Air Force needs gas at 26,000 feet and it's my job to lay on my belly, fly the boom and pass it to them. Our missions range from moving fighter planes across the pond, to medical evacuations through the Pacific.

Since Sept. 11, 2001, Air Force KC-135s have been doing alot, but the long hours were worth it.

I've seen more than 12 countries and been around the states from Alaska to Hawaii, I've enjoyed different cultures and seen and done some cool stuff. If you talk to other booms they will probably tell you the same thing. But it's not as easy as it sounds. Sometimes you get lucky and get a couple days here or there, but more often than not, you hit the ground, get to the hotel and have enough time to eat before getting some sleep for your next mission.

I think the boom career field, is one of those where officers and enlisted interact the most. When we're on a mission you live with your crew, everything you do affects them and vice versa. During flights I don't just sit in the back and wait for my time to shine. I'm up in the cockpit backing my crew up.

I'm involved in decisions and sometimes rank is thrown out the window. If I have a good idea in a particular situation, the pilots will listen to what I

have to say just as I listen to them.

The deployment rate for many of us here is intense and the 319th Operations Group is no different. I've been on five deployments in the two years I've been here and I'm already scheduled to go again soon.

My life in many ways revolves around my job. I can be called at any time to go anywhere. If someone asks me what I'm doing next week I can only say, "I have no idea." But, I believe in this country and will do my part for as long as I am needed.

Everything on this base supports the tanker mission and the boom operator is the last link in a long chain. Everything comes down to the boom

nozzle connecting with the receiver's receptacle and passing gas.

I don't know how many times crew chiefs or maintenance personnel have helped me out with problems. Those guys work hard to get us off the ground, accomplish the mission and do a damn good job.

Even with all the travel I do, I still manage to mess up my travel voucher, but finance helps me out every time.

We all come together so we can keep flying. No matter what type of aircraft you're refueling, their crews know if the tankers stop they stop, because "nobody kicks ass without tanker gas" and no matter how many times I hear it, or say it, it's always true.



Col. Bill Bender  
319th Air Refueling Wing  
commander

Action Line

Call 747-4522 or E-mail  
commandersactionline@grandforks.af.mil

The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.

Questions will be answered in the order they are received.

75  
Consecutive DWI-free days

Goal is zero DWIs.

Warriors of the North  
THE LEADER

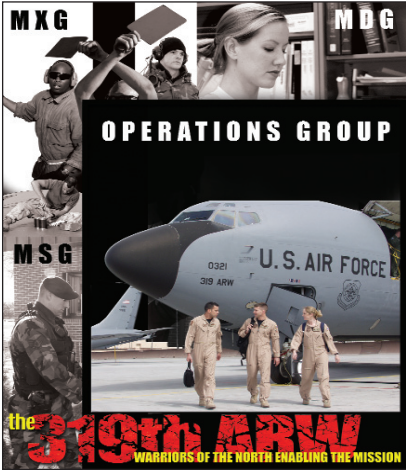


Photo by Senior Airman Melisa Witter

Cover: Part one of a four part series, the 319th Operations Groups is an important piece of the wing mission. For more see pages 12 and 13.

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# Parents, children bidding for improvements



More than \$2,000 was raised during the 2nd annual Parent, Teacher Organization Spaghetti Dinner and Silent Auction, Tuesday at Twining Middle School. The money will go toward school improvements and projects.

(Left) Kari Geisinger and her daughter Mya admire a basket donated by a class at the school. Several classes donated baskets for the auction.

(Right) Master Sgt. Dennis Carlson, 319th Mission Support Squadron, looks at a collection of baseball cards that were up for auction.



*Photos by Airman 1st Class Patrice Clarke*

# Honorary wing commander thanks Warriors

**By John Marshall**  
319 ARW honorary commander

In May of 1997, the late John Odegard, a founder and the Dean of the University of North Dakota's Aerospace School, introduced me at the Base Realignment and Closure Commission rally on the UND campus with the following comments: "John Marshall bleeds green and white from one arm for his university and from his other arm he bleeds red, white and blue for his beloved Grand Forks Air Force Base. He has an undying passion for both." He was so right.

After serving on the University of North Dakota Alumni Board for nine years and as board president during the ninth year, my term was up approximately 18 months ago. Giving up my position on the board was one of the hardest things that I have ever done.

However, on March 29, after 25 years as the 319th Honorary Wing Commander, I rendered my resignation to Col. Mark Ramsay. It was then submitted to Lt. Gen. Bill Welser who made the announcement at Colonel

Ramsay's change of command. This, too, was a sad day for me, but I felt it was time to let others share this great experience.

I have been very fortunate over the years to be a member of many great organizations, but I must say that being the 319th Honorary Wing Commander will always rank at the top of the list. Here at Grand Forks Air Force Base, at bases around the country and at the Pentagon, I was given a first hand opportunity to personally express my gratitude to those who have served this great country of ours with such pride, dignity and honor. I was able to thank so many, from fine young graduates of basic training in San Antonio, Texas, to the Chief of Staff of the United States Air Force.

At Grand Forks Air Force Base, I was given the opportunity to thank the military men and women and their families. Because of what each of you do 24 hours a day, 365 days a year, we are able to enjoy the greatest gift of all -- freedom. It has been a pleasure and an honor to express gratitude for my freedom.

I want to thank the fourteen previous commanders of the 319th Wing who have been kind enough to bestow such a great honor upon me for so many years. It has been a humbling experience to have these military leaders show their trust and confidence in me. With great difficulty, I have recently written or called many of them to thank them one more time.

Thank you to all of you that have contacted me since my resignation was announced -- especially all of my military friends, previous wing commanders, Air Mobility commanders and vice commanders. Thank you Lt. Gen. Bill Welser for naming me as Honorary wing commander emeritus. I accept this honor with extreme pride and gratitude.

To all of you currently stationed at Grand Forks Air Force Base and to those previously stationed here, thank you for what you have shared with our community.

In 1997, during the worst flood that this country has ever experienced, you opened up your base, your homes and your hearts and you put your arms

around us. When we lost members of the base or the community, we cried together. During athletic events and when the base received honors, we cheered together. When our military friends transferred, we were saddened, but found comfort in knowing that we have the gift of lasting friendships.

We take great joy in the relationship our communities have shared. We could never ask for better friends and neighbors; we have become family.

Words cannot express to you the pride that I have had in being the 319th air refueling wing honorary commander. It has been an honor and a privilege and an experience I will never forget. God bless each and every one of you and God bless this great country of ours.

*Editors note: After serving as 319th Air Refueling Wing honorary commander for 25 years, Mr. John Marshall will relinquish his position at an honorary change of command, Wednesday at 11 a.m. at the Northern Lights Club. Mr. Marshall has been named honorary commander emeritus in recognition of his service to the base.*



# Med Group donates computers to schools

**By Airman 1st Class Patrice Clarke**  
Public affairs

The 319th Medical Group donated more than \$100,000 in computer equipment to two local schools April 8. Adams and Edmore elementary schools in Walsh County, N.D., received 71 central processing units, 165 monitors, six laptops, one server and one compact disc tower as part of the Defense Computers for Schools program, which provides surplus computers and periph-

erals to secondary schools.

The idea started more than a year ago at a basketball game, said the schools superintendent, Keith Arneson.

"Rich Feast, 319th Medical Support Squadron systems specialist, and I were at a school basketball game and we started talking about what the base does with its old computer equipment," he said. "Mr. Feast informed me that there were a couple programs out there and he would look into it for me."

That conversation got the ball rolling

said 1st Lt. Kevin Ramsey, 319th Medical Information Flight commander.

"Mr. Feast came back and researched different programs and then came across the Defense Computers for Schools program," said Lieutenant Ramsey.

Through the program federally recognized schools can apply for the surplus equipment. On the military side, all the computer systems must be "advertised" by the Defense Reutilization and Marketing Service, and if there are no Department of Defense buyers for the systems then they can be released at no charge to the schools" Lt. Ramsey said.

"In the Medical Group it is imperative that we have the most up-to-date technology available," said Lt. Col. Robert Steed, 319th Medical Operations commander. "The systems that we get rid of aren't bad or damaged, they just aren't fast enough for the high tech stuff that we do. Most of these computers are only about two years old. All of this equipment was in a storage area just taking up much needed space."

"We were just going to do the regular process of DRMS," said Lieutenant Ramsey. "Through that process only about 10 or 11 of the computers might actually get used. The rest would just sit on a shelf. This way the computers are going to be put to good use."

The donated computers will be used for a new computer lab at Edmore elementary school and Adams elementary school will increase the number of computer systems in each individual class-



**Tech. Sgt. Stephanie Davis, 319th Medical Support Squadron, passes one of 165 monitors to be loaded on the back of the bus.**



*Photos by Airman 1st Class Patrice Clarke*

**A school bus filled with donated computers waits while a second bus is filled. The 319th Medical Group donated more than \$100,000 of computer equipment to Adams and Edmore Elementary schools in Walsh County, N.D. through the Defense Computers for Schools Program.**



## USAFA visits

**United States Air Force Academy cadets visited the base this week.**

**(Right) The cadets arrived late April 6 and were met by Col. Bill Bender, 319th Air Refueling Wing commander.**

**(Left) Academy cadets talk to maintainers aboard a KC-135 in the isochronal hanger.**



*Photos by Tech. Sgt. Richard Lisum*



*Photo by Airman 1st Class Patrice Clarke*

## **Impaired driving**

Airman 1st Class Jorge Rodriguez, a boom operator from the 911th Air Refueling Squadron, wears goggles that simulate the vision of a person under the influence of alcohol during National Alcohol Awareness Day April 7 in front of the Airey Dining Facility. The Drug Demand Reduction Agency here set up a booth to educate base members on the dangers of alcohol abuse.



Gate Construction To Impact Base Traffic

The gate construction project resumes Tuesday causing changes to the base traffic pattern.

The main gate will be used for most inbound traffic, however commercial and vendor traffic still must enter through the south gate. The south gate will be open for outbound traffic 24 hours a day. The Eielson school gate will be open for outbound traffic only from 3:30 - 5:30 p.m., Monday - Friday.

The security forces pass and registration office will move to the temporary trailer in Sunflake Housing.

Family Housing Cloudy Water Notice

Some housing residents recently experienced cloudy or stained water coming from their faucets. Normally, discolored water is the result sediments in treated drinking water. Sediments can come from the water treatment process itself or from normal corrosion of water lines. By itself, discoloration does not indicate water is unsafe to drink.

The 319th Civil Engineer Squadron's bioenvironmental engineering flight has continued to test the base's drinking water in accordance with state drinking water regulations and conducted additional sampling in areas affected by the cloudy water.

All water quality test results indicate that the water on base remains perfectly

safe to drink and presents no adverse health risks. Allowing the water to run for a minute or two will usually clear up the cloudiness.

If it does not clear up, please call housing maintenance at 594-9798 and report the problem to them. In the mean time, utilities personnel from the 319 CES will continue to flush the system of any sediment that has accumulated in the water lines.

TSP Open Season

Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the April 15 - June 30"open season".

This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, according to Janet Thomas, of AFPC's civilian benefits and entitlements service team.

For general information on the thrift savings plan call the Air Force Personnel Contact Center at 800-616-3775 or visit [www.tsp.gov](http://www.tsp.gov). For more specific Air Force information on TSP go to [www.afpc.randolph.af.mil/mpf/TSP/thrift\\_savings\\_plan.htm](http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm).

Palace Chase: Crossing into Reserves Take Two

Recent changes to the Palace Chase program will affect Airmen looking to cross over to the reserves or guard.

The Palace Chase program allows

active duty Air Force officers and enlisted members to request a transfer from active military service to the Air Force Reserve and the Air National Guard.

One of the main changes is that Airmen only have to have one year time in service to apply. However, enlisted Airmen must have served at least half of their initial commitment. For example if an Airman came into the Air Force with a six year enlistment, he would have to serve at least three years. These requirements are for first term Airmen only. Officers are normally required to serve 2/3 of their initial active duty service commitment.

Another change is that repayment of unearned portions of bonuses is not required, with the exception of aviation continuation pay. Repayment of officer's Air Force Academy, ROTC Scholarships and tuition assistance are also being waived.

The commitment for Palace Chase is that you give the reserves double your time left (not to exceed six years). For example, if you have five years left you owe the reserves six years. If you have three years left you owe the reserves six years. The normal requirement for officers is triple the time left.

In order to apply for the Palace Chase program you cannot be on a control roster, and you have to have taken and passed your fitness assessment. Your squadron commander for enlisted and wing commander for officers must complete the first endorsement on the

Air Force form 1288; they can recommend approval or disapproval. The final approving authority is the Air Force Personnel Center. Once you submit your application it can take up to four weeks for approval.

Officers will also complete an Air Force form 780 with Wing Commander's recommendation. All applicants must also complete the Air Force form 2631.

The program phase II ends Sept. 15. So the date of separation must be no later than Sep 15. Once packages are submitted, withdrawals will only be approved in hardship cases.

For more information call Master Sgt. David J Papizan, Air Force Reserve in-service recruiter at 747-4339.

Community Event

The next Wingman Community Event will be held April 23 from 11 a.m. - 1 p.m. at Liberty Square. It is open to everyone, especially the families of deployed members. The event, sponsored by the 319th Medical Group, includes the following events:

- 10 a.m. Family fitness stroll
- 11 a.m.-1 p.m. Free baked potato with fixins
- 11 a.m.-1 p.m. Family health fair (upstairs)
- 11 a.m.-1 p.m. Kids' games and fitness challenges

For details call, Master Sgt. Jim Becks at 747-3798.

# Earth Week celebrated with information, fun

## Base residents help protect environment by learning conservation, preservation; putting knowledge to work at home

Courtesy of 319th Civil Engineer Squadron

Earth Week begins Monday. The base has a history of protecting the environment and creating habitat for wildlife.

For example, the base has great air quality, which can be seen at <http://www.airnow.gov/where/index.html>

The base is also cares for more than 300 acres of wetlands. These wetlands, which are extremely valuable, control floods, improve water quality, recharge groundwater reserves, and provide habitats for many species.

Base residents can contribute to the protection and preservation of the environment by following a few simple tips:

→ Protect storm drains because they connect to aquatic life in our ditches, streams and wildlife refuges.

→ Conserve water by watering your lawn only to the point of saturation during the cool times of the day to get maximum benefit.

→ Pesticides and fertilizers should be used sparingly. Avoid using them if heavy rain is forecasted, which may wash chemicals into storm drains.

→ Place grass clippings and cut branches in clear plastic bags on the curb to be picked up from the base and taken downtown to be composted.

→ Take used automotive fluids, tires and batteries to the auto hobby shop recycles to be properly disposed of.

→ Fluorescent Light Tubes, containing mercury, are banned from the landfill but can be taken to the self help store for disposal.

→ Unwanted paints, varnishes, oven cleaners or other household cleaning materials can be donated to the self help hazardous materials exchange program for reuse.

→ Latex paint cans with minimal quantity remaining can be air dried and put in the trash.

→ The base recycling center accepts: aluminum cans, mixed plastic, #1-7 glass bottles, newspaper, cardboard, magazines, office paper, junk paper, and paperboard (cereal boxes).

→ Discarded personal appliances can be recycled by calling 747-6644 for pickup after placing them on the curb on Friday.

To find out how ou can help preserve this habitat call Kristen Rundquist at 747-4774.

### Earth Week Calendar of events

All April	Library display of environmental books.
April 18-22	Environmental education information booth at the base exchange.
April 18-22	Book donation fundraiser at the base exchange.
April 18-22	Commissary grocery bags will feature artwork from child development center and youth center.
April 18-22	Environmental videos on Channel 3.
April 20	Brown-bag lunch and learn, "basic backyard birding and bird feeding."
April 20	Library story time with kids highlighting environmental themes.
April 22	Red River Zoo assembly for 3-5 year olds at the CAC at 10 a.m.
April 22	Red River Zoo assembly for 4th-8th graders at Twining School from 12:50-1:30 p.m.



Photo by Tech. Sgt. Scott Sturkol

The base has restored 26 acres of native prairie in the base Prairie View nature preserve.



# Base chapel

## ECUMENICAL:

**Vacation Bible School:** 12:30 - 3:30 p.m., May 31 - June 3 at Twining Middle School. For more information call Carol Shower at 747-3071 or Jane Hutzol at 747-3073.

## PROTESTANT:

**Traditional Worship:** 11 a.m., Sunday, Sunflower Chapel.

**Contemporary Worship:** 6 p.m., Sunday, Prairie Rose Chapel.

**Young Adults:** 6 p.m., Friday, call Chaplain Swain 747-4359 for details.

**Women's Bible Study:** 7 p.m., Monday, Prairie Rose Chapel conference room.

**Protestant Youth of the Chapel:** 6:30 p.m., Wednesday, Prairie Rose Chapel annex.

**Protestant Sunday School:** 9:30 a.m., Sunday, Eielson Elementary School.

**Men of the Chapel Bible Study:** Noon, Monday, Prairie Rose Chapel conference room.

## CATHOLIC:

**Sunday Mass:** 9 a.m., Sunflower Chapel.

**Weekday Mass:** 11:30 a.m., Monday and Wednesday, Sunflower Chapel.

**Reconciliation:** 8:30 to 8:45 a.m., Sunday, Sunflower Chapel, or by appointment by calling 747-5673.

**Catholic Scripture Study:** Call 747-3073 for details.



**Confraternity of Christian Doctrine, Adult Education, Rite of Christian Initiation Adults and Sacramental Programs:** Classes start 11 a.m., Sunday, Twining Elementary School.

First Communion Retreat: 10 a.m., April 23.

For details on educational programs, call Jane Hutzol at 747-3073.

## JEWISH:

**B'nai Israel Synagogue, 775-5124**

## MUSLIM, BUDDHIST,

**ORTHODOX OTHERS: 747-5673**

# Base theater

**Today, 7 p.m.**

## *Be Cool (PG-13)*

Disenchanted with the movie industry, Chili Palmer (John Travolta) tries the music industry, meeting and romancing a widow of a music executive (Uma Thurman).

**Saturday, 7 p.m.**

## *Diary of a Mad Black Woman (PG-13)*

Devoted housewife Helen and powerful attorney Charles have a picture-perfect marriage. Just as Helen begins preparations to celebrate their 20th anniversary, Charles drops his bomb: he wants to divorce Helen for her best friend. Helen takes her belongings, and her wounds, back to her family, where a pot-smoking, gun-toting grandmother figure gives Helen the strength to heal.

**April 22, 7 p.m.**

## *Ice Princess (G)*

Casey has never quite fit in. Caught between her fantasy of becoming a championship figure skater and her strong-willed mother, who has her on the fast track to Harvard, she can only hope to be like Nikki, Tiffany and Gen - three elite skating prodigies who are ruthlessly competing on the U.S. National circuit. Casey takes on the challenge of her life when she finds herself competing against the best to make it into the championship circuit and become a real "ice princess."

**April 23, 7 p.m.**

## *The Ring 2 (PG-13)*

Sequel to the horror flick *The Ring*, Naomi Watts reprises her role as Rachel Keller, who, six months after the events of the first film, moves to Astoria, Ore., with her son, Aidan, to escape their memories of what happened in Seattle. A few locals start dying, however, and a strange videotape reappears.

**April 29, 7 p.m.**

## *Robots (PG)*

Rodney Copperbottom is an idealistic robot who wants to convince his electronic brethren to come together and work toward making the world a better place. As the story unfolds, he falls for a female executive robot, faces opposition from an evil corporation headed by Big Weld and finds some unlikely allies in the form of a ragtag group of misfit robots called the Rusties.



**Tickets: \$1.75 children, \$3.50 adults.**  
**For details cal 747-3021/6123**

# Base Activities

## Today

### CAMP REGISTRATION

Stop by the youth center from 9 a.m. to 5 p.m. to register your child for summer camp. Parents or guardians need to bring a current leave and earnings statement and/or pay stubs, single or dual military families need to include an AF 357. Summer camp is for children who have completed kindergarten to age 12. Today is the last day to sign up so call 747-3150 for details.

### ARTS AND CRAFTS SPECIALS & CLASSES

Stop by arts and crafts and save. From Monday through April 23, get 25 percent off ribbons and lace. Until April 16, receive 25% off sketch pads and canvases. Upcoming classes include Saturday framing class, and Thursday computerized matt cutting class. Thursday and April 27 learn how to make a topiary wall quilt. Register early because classes fill. For details call 747-3482.

## Saturday

### SPRING FLING CARNIVAL

Bring the entire family to the youth center's 2nd annual Spring Fling Carnival from 4 to 6 pm. Events

include carnival games, a bouncy castle, putt-putt golfing, face painting, great food and much more! Tickets will be available at the door. For details call 747-3150.

## Monday

### CHECKERS TOURNAMENT

Stop by the youth center and play a game of checkers with friends. Youth ages 9-12 play at 5:30 pm and ages 13-18 at 7 pm. Cost is \$1 for non-members and free for members.

## Tuesday

### GOLF SEASON IS HERE

Don't wait, purchase this year's season's green fee pass. The season begins Tuesday. Call the golf course at 747-4279 for details.

## Wednesday

### MANITOBA MUSEUM AND PLANETARIUM TRIP

Outdoor recreation is organizing a trip to Manitoba Museum, April 23. The museum offers a collection of 2.3 million artifacts of human history, as well as over 200,000 plants, animals, rocks and fossils in its 'specimen library.' The science gallery allows all ages to explore a unique blend of technology

and illusion inside the interactive library. The planetarium offers a live star gazing show containing ,ore than 9,000 stars. The trip costs \$17.50 per single adult, \$30 for a family of two, \$39.50 for a family of three and \$44.50 for a family of four. For details call outdoor recreation at 747-3688. Sign up ends today.

### PARENT ADVISORY MEETING

Parents of children in the school age program, child development center/kiddie campus and family child care are invited to a parent advisory meeting today at 4:15 p.m. at the child development center.

Ms. Linda DePaolo, Family Program Flight chief and Ms. Bonnie Butz, family child care coordinator will be talking about simple nutrition and exercise in the prevention of obesity.

For details call Ms. DePaolo at 747-6483.

## Thursday

### SCAVENGER HUNT

The youth center is calling all scavengers. Youth ages 6-12 start at 6 pm and ages 13-18 at 7 pm. Cost is free for members and \$1 for non-members.

## Shelf stockers

Scott Eaker, Troop 319 assistant scout master, and David Lund, scout instructor, of Boy Scout troop 319 deliver food they collected during their annual food drive to Kisha Chambers, Sandy Turner Food Pantry chairman and Traci Ferris, relocation assistant at the Sandy Turner Food Pantry inside the family support center Tuesday. The troop collected more than 400 pounds of food during the drive.



Photo by Senior Airman James Croxon

# Joint fuels effort allows airlift to keep rolling

**By Staff Sgt. Andrea Knudson**  
U.S. Central Command Air Forces  
Forward public affairs

KARSHI-KHANABAD AIR BASE, Uzbekistan (AFP) -- Keeping deployed C-130 Hercules and transient C-17 Globemaster IIIs fueled up takes a joint effort that includes Air Force fuels technicians, Army fuels distributors and civilian contractors.

They are responsible for fueling up aircraft and ensuring the fuel is clean,

dry, serviceable, and available.

Airmen of the fuels management flight are assigned to the 416th Expeditionary Mission Support Squadron. They move, test, pump and track more than one million pounds of fuel a day here.

The flight has seven fuel trucks, and each truck holds about 6,000 gallons of fuel, said Master Sgt. Scott Ross, the flight's superintendent who is deployed from Grand Forks Air Force Base, N.D.

"We mainly refuel C-130s and C-17s here. A C-17 takes about four trucks to fill and one truck fills a C-130," he said.

To refuel the aircraft, the Airmen move jet fuel from the fuel farm to the trucks and back to a parking area where they keep the trucks, Sergeant Ross said.

"Six trucks are always kept full -- with one truck empty for taking fuel out of any aircraft that may require maintenance," he said.

Besides refueling planes, the fuels Airmen also inspect and maintain equipment and test fuel samples weekly.

"We ... test for water and particles. It's important to keep water out of the fuel," Sergeant Ross said. "We have to ensure the fuel's clean with no contaminants providing only top specification fuel to the aircraft."

The fuels Airmen get by with help from fuels Soldiers, Sergeant Ross said especially his counterpart, Army Sgt. 1st Class Gustave Bloom, fuels accountability officer for Logistics Task Force 191.

Sergeant Bloom, deployed from the 26th Quartermaster Supply Company at Hütier-Kaserne Base in Hanau, Germany, is responsible for all class-three products here including jet fuel, oil, anti-freeze and various petroleum products.

He takes the fuel's baton after it is pumped.

"I verify the inventory sheets for payment and submit all documents to the Defense Finance and Accounting Service," Sergeant Bloom said. "It's a 10-day billing cycle. I try to forecast what the requirements will be and

*"Six trucks are always kept full -- with one truck empty for taking fuel out of any aircraft that may require maintenance"*

--Master Sgt. Scott Ross  
416th Expeditionary Mission  
Support Squadron

order fuel pending those upcoming requirements."

Airmen and Soldiers work together here, sustaining a professional relationship. Sergeants Ross and Bloom maintain tight communications, talking on the phone usually four to five times a day. But getting the fuel to the base is another process altogether. That is where the contractor comes into play.

Fuel supplies are brought here and pumped through a pipeline to the fuel farm on base by contractors.

"We store jet, retail and diesel fuel in six fuel storage containers or bags, each capable of maintaining (about) 200,000 pounds of fuel," said Steve Bullock, fuels foreman. "We test and quantify the fuel products."

Timely and effective joint cooperation from Airmen, Soldiers and contractors has allowed mission accomplishment, Mr. Bullock said.

"We've had instances where we've resupplied remote locations ... in Afghanistan," Mr. Bullock said.

"Additionally, we sometimes require aerial replenishment to continue our own day-to-day operations.

Our collective capabilities have defined our unwavering ability to get the fuel to those who require it."



Photo by Tech. Sgt. Scott T. Sturkol

**Senior Airman Seth Rindo shows Army Sgt. 1st Class Gustave Bloom how to set up a fuel truck to get fuel to aircraft. Airman Rindo is with the 416th Expeditionary Mission Support Squadron fuels management flight and is deployed from Grand Forks Air Force Base, N.D. Sergeant Bloom is the fuels accountability officer for Logistics Task Force 191.**

## Airmen Against Drunk Driving



Don't drink and  
drive. Call AADD.  
740-CARE



# Operations group, pointy end of sword

*Editor's note: This is part one of a four-part series about how the four groups bring their unique strengths together to accomplish the wing mission.*

**By Senior Airman James Coxson**  
**Public Affairs**

An Airman in a flight suit gets out of his truck after pulling into his driveway for the first time in two months. It's dawn. It gets light sooner now than the last time he pulled into the drive. Deploying more than 160 days, in and out of time zones, makes it hard to adjust to the seasonal changes here at Grand Forks. He is just one of many Airmen of the 319th Operations Group deploying for half a year or more.

The group has 492 members in four flying squadrons and an operations support squadron. Fickle from pilots and boom operators to combat crew communications, weather, intelligence, life support specialists and air traffic controllers find their niche here. But, being on the pointy end of the sword requires more than a flight suit.

These Airmen, especially the flight crews, deploy more often than one would think. "Members of the group are deploying from 60 to 120 days several times a year," said Col. Lee DeKerner, 319 OG commander. Many are deployed for 200 to 240 days. "Our highest deployment is for 360 days," he said. "We deploy for 286 days."

Many members of the group don't deploy on the typical Air Expeditionary Force cycles. "We work a continuous deployment rate without regard to the standard AEF cycles," said Capt. Brian Beckman, an aircraft commander with the 912th Air Refueling Squadron. "We are known as AEF enablers."

To fight the Global War on Terrorism, the KC-135 does more than refuel planes. It also transports troops and cargo in joint environments supporting other services and coalition partners. "When we're deployed, I don't think a day goes by that our flight crews don't work with the other services," said Captain Beckman. "I did a Marine troop movement from Spain to Kuwait once and I'll never forget how crowded our airplane was," recalled Senior Airman Max Langdon, a boom operator with the 906th Air Refueling Squadron. "I had to crawl over baggage bins and Marines to get to the back and do my check before the plane left."

again. In this environment, members of the group develop a strong sense of duty. "This culture breeds a marriage that can withstand the reality of world-wide deployments," said Colonel DeKerner. "It breeds an officer or enlisted member that understands the reality of being a global mobility warrior. This kind of professional pace is in its fourth year."

Despite the tempo, the group tries to make note of its predictable milestones. According to Capt. Beckman, "we usually get home every two weeks out when we're going for another rotation." Sometimes though, a crew is needed with less notice.

"We will fill every one of these aircrew deployments," Colonel DeKerner said. If somebody gets sick a week before their deployment schedule, the operations group will still send someone.

"Occasionally we'll put someone in a jet with less than a week's notice." For most of the people in the flying squadrons, this is the only life they have ever known. "This sport during the four years since Sept. 11, 2001, is more like a marathon at a really fast pace," said

Colonel DeKerner. "It requires crew members and ground operations able to carry high deployment rates, high OJT/AMO and, I might add, a high stress level."

Because of this, he has a clear task. "I need to provide simplicity where it's possible in a complex world, predictability during high OJT/AMO and stability where it's attainable in a very dynamic Air Force."

The operations group isn't alone in its mission to provide simplicity and predictability. The other three groups are just as necessary to ensure a seamless flow of fuel, manned by a trained, healthy crew with high morale; is ready to travel around the world on refueling missions.

There is something special about the interaction between the groups here, said Colonel DeKerner. "In past assignments I've seen tension between the four groups, but not here," he said. "Each group has its own mission, but there is also a willingness of people at this base to come together and recognize that. It doesn't happen easily, but it's important for me to acknowledge that. As long as we do in the OG is not about the OG, but the mission."

There isn't anybody I know in the maintenance group who wants to fix aircraft and not have them fly," Colonel DeKerner said. "There isn't anyone in OG who wants to fly aircraft and not have them fixed. There isn't anybody in the medical group who wants to 'just' run a clinic. They like being part of the whole wing mission. And there are no Airmen in the support group who want to only be part of what they do and nothing more. These are parts of a jigsaw puzzle that come together when we recognize what the wing is here for. He said that Grand Forks gets it better than any he has ever seen."



Col. Lee DeKerner, 319 OG commander, stands with Capt. Brian Beckman, 912th Air Refueling Squadron commander, and Senior Airman Max Langdon, 906th Air Refueling Squadron boom operator, in front of a KC-135 Stratotanker.

Capt. Ozzie Sanchez, 906th Air Refueling Squadron (left), 1st Lt. Ben Shrub, 906th Air Refueling Squadron (middle), and Airman 1st Class Stephanie Taylor, 906th ARS (right), returning home from a deployed location. Members of the 319th Operations Group enable Air Expeditionary Force cycles by providing transportation of troops and supplies in addition to their primary mission of refueling U.S. and coalition aircraft.

## Managing multiple planes, languages Deployed air traffic controllers watch skies for coalition aircraft while guiding Air Force birds

**By Tech. Sgt. Gino Mattarano**  
**380th Expeditionary Operations Support Squadron**

SOUTHWEST ASIA - Anyone who has seen a poleman try to control traffic at a busy intersection can understand how difficult it is to keep track of a variety of vehicles all traveling in different directions. And in aircraft refueling, it's a lot more complicated.

The first challenge deployed controllers must face is learning new operating procedures and working alongside host nation controllers. "In the United States, aircraft are required to follow Federal Aviation Administration rules for flight, but once you get to the United States, the rules are established by the Federal Aviation Organization," said Tech. Sgt. Junior Edwards, an air traffic controller from Grand Forks, Air Force Base, ND. "Each new [Air Expeditionary Force] rotation, crews take a couple of weeks to get trained with the host nation under International guidelines."

When host nation aircraft are flying, their controllers work all flights in and out of the airfield. The 380th EOSS controllers are responsible for aircraft and airfield vehicle ground movement on taxiways, and helicopters flying in the local pattern. In addition 380th EOSS controllers serve as liaisons between the

## Expeditionary Focus Enabling the Mission: Part 1

U.S. military and host nation controllers. "International flight guidelines require everyone to speak English for flight operations, but sometimes the language barrier can cause confusion, and so we help to clear up any confusion," said Tech. Sgt. Brett Alvord, a watch supervisor from Aviano Air Base, Italy.

When host nation aircraft aren't flying, 380th EOSS controllers are responsible for ground movement of aircraft and vehicles, as well as takeoffs and landings of all air traffic in the area. "The amount of responsibility we have is based on the level of trust we've established with the host nation controllers," said Sergeant Edwards. "We've worked hard to build our relationship with their controllers, and they've given us more responsibility than they might have."

In recent 380th EOSS controller help, a host nation training deficiency and have certified 12 host nation controllers on International flight controller tasks so far this rotation. The challenge of air traffic control is prioritizing aircraft arrivals and departures, according to Sergeant Alvord. "Sometimes you have four or five different tasks, and you have to figure out which one needs to be worked first based on priority," he said. "Every day is different, and we're constantly faced with new challenges. That's what makes ATC so unique, particularly while deployed."

## 319th Operations Group RODEO team

**Compiled from staff reports**

At RODEO, the North will be tried and tested both mentally and physically. They will compete against more than 100 teams from the Air Force, Air Force Reserve, Air National Guard and allied nations. The team will compete in air refueling missions, aeromedical evacuation, related ground operations, and a security forces competition. The competition takes place in June, and wing team members are currently training for it. The 319th Operations Group is sending three pilots and two boom operators to represent the wing for the events.

### The Roster

Capt. Brian Mackey, 319 OG  
Capt. Matthew Harzog, 319 OSS  
Capt. Robert Singer, 319 OSS  
Staff Sgt. Michael O'Connor, 906 ARS  
Senior Airman Ralph Gutierrez, 911 ARS

RODEO Team Chief  
Pilot  
Pilot  
Brown Operator  
Brown Operator



Enabling the Mission: Part 1

# Fitness test just one part of 'fit to fight' lifestyle

By Col. Lee DeRemer  
319th Operations Group Commander

Fitness. To hear some, you'd think it was a four-letter word. Some of us cringe at the suggestion of a fitness test as if we were being served broccoli. But there's more to it. A lot more.

In 21 years of service, I've never seen the Air Force take total fitness so seriously. With the Air Force Chief of Staff continued emphasis, our senior leadership has committed to building a culture of fitness within the Air Force.

Establishing fitness as a CSAF special interest item, holding commanders accountable for fitness program success, introducing a PT uniform, and mandating 90 minutes of physical exercise during duty hours for three days each week, signals that our senior leadership is going to stay the course. And that's a good thing, because research shows the clear correlation between total fitness and fewer incidents of illness, better stress management, and lower long-term care costs, especially later in life.

But, for too many, the fitness test is a big hurdle. It doesn't have to be that way if we take a step back and see the fitness test for what it is, and recognize what it is not.

The fitness test is not the fitness program.

The fitness test is a measurement of our physical fitness on that one day. Push-ups, sit-ups, a waist measurement, a 1.5 mile run, and a visit to the scale the 45 minutes required for this test are less time than it takes to drive to town and back.

The fitness test is a key part of a healthy approach to total fitness. An active lifestyle with regular exercise; education/counseling for exercise, nutrition, and weight management; and a rejection of risky lifestyles such as smoking, excessive drinking and drug abuse are three key components of a culture of fitness, and that is the direction our senior leadership wants to take us.

The fitness test links us to this healthier lifestyle. For our members who are already fit, this test provides one way to work toward continuous improvement in measurable areas.

For our members who need help, this test links them to the help they need for exercise, nutrition, stress management and all for free.

We enjoy one of the finest fitness centers in the Air Force. We have free, unrestricted access to the fitness center and to counseling in pursuit of a healthier lifestyle.

And we have direction to provide the opportunity to exercise during duty hours. We won't find this commitment anywhere else.

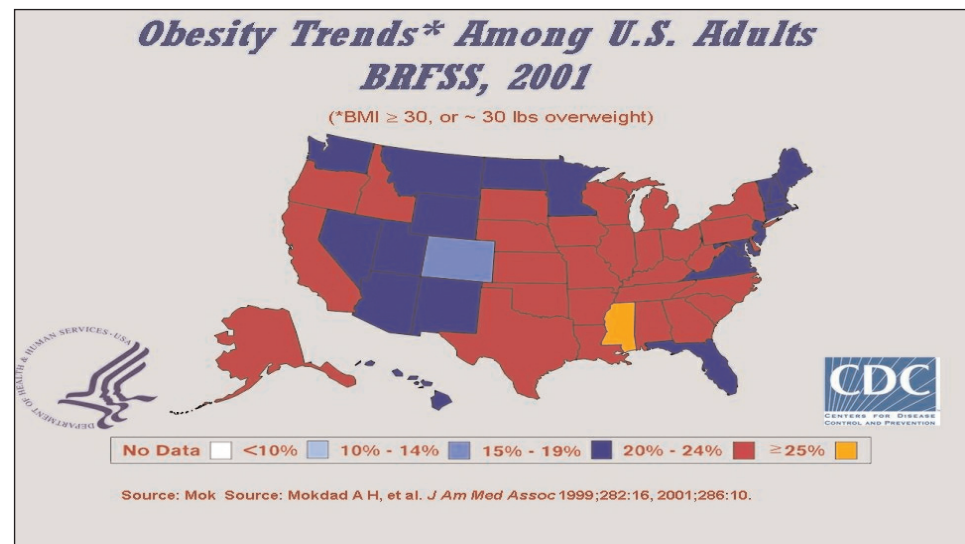
So I have a modest proposal: we can keep cringing when the subject of the fitness test arises, but a "healthier" approach would be to view it as an annual check up. We take our vehicles for check ups to see if they need work. We visit our doctor for annual physicals in order to protect or improve our long-term health. And as warriors who want to serve effectively in an expeditionary Air Force and live a long life afterward we check our physical fitness annually to measure ourselves and to access counseling and medical care if we need it.

That's what the fitness program is, and that's where the fitness test "fits" in our commitment to improve our

members' total health.

Come to think of it, this is the one area in which the Air Force is telling us to put ourselves first. Given the alter-

native of a shorter life with more and longer visits to the hospital, I'll choose fitness. It just happens that this choice will make us better "fit-to-fight," too.



Slides courtesy Center for Disease Control and Health and Human Services

**This slide shows the obesity trend of Americans. In 2001, more than half the states in the union had more than 20 percent of their population in the overweight category. By living a healthy lifestyle, Airmen can not only stay "fit to fight" but can live longer, healthier lives.**



# Fit to Fight



Photo by Senior Airman James Croxon

### Coming down

Jacob Casey (top) rappels down after reaching the top of the wall while Garrett Dawson makes sure he does it safely. Rock climbing certification classes are offered Tuesdays and Thursdays at the sports and fitness center. For details, call 747-3384.



### Feeling the burn

(Top) Netasha Zellars does reverse pushups Wednesday during a morning aerobic workout in the sports and fitness center. (Right) Paul Kasper does the “superman” abdominal exercise during the workout. The Wednesday morning workout begins at 6:45 a.m. and is open to everyone who can use the fitness center. For details call 747-3384.



Photos by Airman 1st Class Patrice Clarke

## Bowling

AMXS	160	72
MXS	145	87
COMM "B"	144	88
LRS "A"	143	89
MSS	137	95
MDG	132	100
COMM "A"	128	104
911th ARS	122	110
905th ARS	116	116
LRS "B"	115	117
CES	112	120
SVS	108	124
CPTS	102	130
SFS	102	130
LRS "C"	86	146



## Intramural Standings

### Volleyball

**CHAMPIONSHIP**  
Coverage of last night's championship volleyball game between the 319th Operations Support and Logistics Readiness Squadrons will be in next week's Leader

### Darts

**PLAYOFFS**  
The 319th Maintenance Operation Squadron plays the 319th Security Forces Squadron today with the winner advancing to the April 29 championship .

## WELLNESS TIP

### Facts about skin cancer

How many Americans will develop skin cancer during their lifetime?

**About 1 in 5 \***

- Between 40-50 percent of Americans over the age of 65 will develop non-melanoma skin cancer
- Men are more likely to develop skin cancer
- The risk of developing skin cancer is about 10 times higher for those with fair skin than those with dark skin
- Protect yourself ... limit time in sun or under sunlamp, wear protective clothing and use sunscreen

\* According to the American Cancer Society

SOURCE: AMC Command Surgeon Office

InfoGraphic by TSgt. Mark Diamond

